

# Inspire Wellness Initiative



## Community Impact

The Family Wellness Inspire Wellness Initiative seeks funding from individuals, corporations, and foundations to provide impactful programs and activities to help all people in our community to cook well, move well, and live well for life regardless of socio-economic background or medical status.

## Cook Well

Hands on programs like **Healthy Cooking in the Classroom** teaches kids the importance of healthy eating by building confidence in the kitchen and creating lifelong healthy cooking skills.

## Move Well

Exercise, nutrition, and health education programs like **Parkinson's** and **Exercise is Medicine**, help address and manage chronic diseases such as obesity, heart disease, cancer, Parkinson's, and diabetes, and lead to improved health outcomes. Family Wellness also provides inclusive opportunities for kids with special needs, including **Adaptive Swim Lessons**, to ensure all kids develop essential skills for a lifetime of safety, confidence, and physical activity around water.

## Live Well

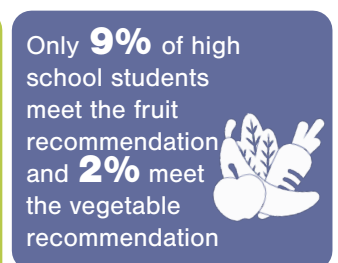
Programs like **Youth Volunteer Corps** provide students with a safe place to learn, volunteer, and to establish healthy habits. The **Family Support Program** provides relief to families who have a loved one in the hospital or patients who have been diagnosed with illnesses like cancer, depression, and anxiety so they have facility access to relieve stress and improve overall health.

**Familywellness**  
A PARTNERSHIP BETWEEN SANFORD HEALTH

Family Wellness is a nonprofit organization with a mission to inspire healthy lifestyles by connecting people in a fun environment. Over 30,000 individuals are served annually through membership and programs. By providing programs that impact a community need, Family Wellness creates a place where health and healing connect with people, programs, and facilities. When we commit to a life of wellness, we are able to unlock the potential within us and inspire others to find their own inner strength. In short, togetherness is wellness.

2020 Inspire Wellness Goal  
**\$100,000**

## Serving Our Communities Needs



For more information, contact Angie Hasbrouck at 701.234.7294 or [angela.hasbrouck@sanfordhealth.org](mailto:angela.hasbrouck@sanfordhealth.org) | 2960 Seter Parkway, Fargo ND 58104



**When You Invest in the Inspire Wellness Initiative You...**  
help provide local wellness programming to children, adults, and families in our area to help them COOK WELL, MOVE WELL and LIVE WELL for life.



**COOK WELL**  
programs encourage better food choices through healthy cooking skills.

**Healthy Cooking in Classroom**

*Provides hands on cooking lessons to elementary students and teaches them about MyPlate, general nutrition concepts, and food preparation skills where they create and eat a healthy recipe.*

Over **5,000** students in Fargo, West Fargo, and Moorhead Area School Districts

**4** lessons throughout the school year.



**84%**  
Feel More Comfortable Cooking in the Kitchen



**88%**  
Feel More Comfortable Making Healthy Food Choices



**74%**  
Make Their Own Snacks More Often



**45%**  
Student and/or Parent Made The Recipes From HCIC At Home

**Community Wellness Cooking**

*Healthy cooking classes and demonstrations are provided at community events, area non-profits and other need based groups.*

Over **750** Individuals Impacted



**MOVE WELL**  
programs motivate healthy lifestyles through physical activity for all ages.

**Parkinson's Program**

*Certified Family Wellness Trainers work with the Parkinson community to combine physical activity and interactive group sessions to help participants manage their symptoms in a fun, social, and supportive environment.*

**200** classes

**24** support group sessions

**Exercise is Medicine**

*A program developed through the American College of Sports Medicine which helps address chronic disease to improve overall health and helps individuals move better, feel better and live a healthier more active lifestyle.*

**80** individuals impacted

**Need Based Swimming Lessons**

*Inclusive opportunities for kids with special needs and those who are disadvantaged to develop essential skills for a lifetime of safety around water.*



Over **20** children with adaptive needs and **15** new American children participated in 2019.

**FIT Start Youth Weight Management**

*An innovative approach to youth weight management that incorporates physical activity along with healthy cooking and nutrition sessions.*



**LIVE WELL**  
programs build a vibrant community through volunteerism and support.

**Family Support Program**

*Relief to those diagnosed with cancer and their families as well as families of extended stay hospital patients through facility access so they can work on their wellness and self-care to better support their loved one who is in the hospital.*

Over **20** families

**Youth Volunteer Corps**

*Team based service learning opportunities for youth ages 11-18 that not only provide youth with leadership skills and critical job skills for future employment, but which also offers improved life trajectories.*



**10** volunteer service learning projects